



100 MILE CHALLENGE

January 21, 2016 - April 29, 2016



*Start 2016 off with a healthy challenge for you,
your family...and bring the dog!
Walk, jog or run a mile a day for 100 days.
Win Prizes!
Register Now!*

Register online at
ActiveMONTGOMERY.org
Activity No: 12252



montgomerycountymd.gov/rec

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).
Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov to request accommodations.



100 MILE CHALLENGE

Start 2016 off with a healthy challenge for you and your family and bring the dog!! Are you ready to get up and move? Do you want to win prizes? Walk, jog, run a mile a day for 100 days or participate in 20 minutes of continuous physical activity. It all counts as one mile!

Register online at
ActiveMONTGOMERY.org



Program Dates

January 21, 2016 - April 29, 2016

Kickoff event on January 20, 2016 at Holiday Park Senior Center from 7:00-9:00 p.m.

Move More Montgomery Festival on April 30, 2016 at Bauer Community Center from 12:00-4:00 p.m.

How it Works

The program is self-reporting. The goal is to complete 100 miles (or more) in 100 days, it's all up to you! Twenty minutes of continuous physical activity (like a yoga class, skiing, or golf) counts as one mile, or simply walk or run a mile, it all counts! Get creative and remember, it's all about having fun while making a lifestyle change! Tracking logs will be sent via email, downloaded from the website, or can be picked up at a community center.

Fees

Individual \$15

Dog with bandana \$5

Seniors (Over 55) \$5

T-shirt \$10

Registration

Register online at ActiveMONTGOMERY.org

Activity No. 12252

For More Information

Please call 240-777-6840

Incentives

- 100 Miler Kick Off Event
 - Guest speakers Nicky and Bob Lowry, who have climbed Mt. Everest and will be climbing it again this spring. Hear how they get “Moving More” to stand on the top of the world!
 - Body fat analysis
 - Healthy food tasting
- Weekly emails to keep you motivated with ideas on how to get your miles in and other important health and wellness information!
- Access to the 100 Mile Circle at the Move More Montgomery Festival
- Awards for all individuals and dogs that complete the 100 miles and turn in a log.
- Prizes
 - All registered participants are automatically eligible to win prizes. Winners will be randomly drawn each Thursday, starting January 28, and winners announced via e-mail and our website.
 - Weekly prizes
 - Fitness class passes
 - Yoga mats
 - Fitbit activity tracker
 - Fitness equipment
 - Wireless headphones
 - and many others
- Grand Prizes
 - Drawing at the Move More Montgomery Festival
 - Annual Family Pool Pass value \$500
 - \$500 in Rec Bucks to spend on any MCRD class or program
 - Annual Individual Pool Pass value \$365
 - Annual individual weight room membership value \$180
 - Robert Griffin III signed jersey value \$175

To claim your prize, you must provide a completed and signed log at the Move More Montgomery Festival on April 30, 2016 or fax to 240-777-8081.

* Required Info

REGISTRATION FORM

☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

PARENT/GUARDIAN

Last Name *		First Name *		Birthday (mm/dd/yy) *		Email	
Address *			City *		State *		ZIP *
Home Phone *			Work Phone			Cell Phone	

EMERGENCY CONTACT

For participants under 18

Name	Relationship	Phone
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Participant's Name (Last, First)	Birthday (mm/dd/yy)	Sex	Activity Name	Activity Number	Fees*
				12252	
				12252	
				12252	
				12252	
				12252	
				12252	
				12252	
				12252	
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities)				Total Amount Due:	

* Required Info

PAYMENT

Name on Card	Credit Card Number	Security Code	Expiration Date
Payer Address (if different than above)	City	State	ZIP

- ☐ Visa
☐ MasterCard
☐ Check or Money Order

- ☐ AmEx
☐ Discover

MAIL Your Completed, Signed Form to:

ActiveMONTGOMERY

4010 Randolph Rd. • Silver Spring, MD 20902

If paying by credit card, you may fax your registration form to **240-777-6818**.

If you need help completing this form, please call **240-777-6840**.

Make payable to:

ActiveMONTGOMERY

Cardholder Signature _____ Date _____

SIGNATURE IS REQUIRED

Participant or

Parent/Guardian Signature _____ Date _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.



100 Mile Challenge Tracking Log



Name: _____

Email: _____

Start Date: Thursday Jan 21. **End Date:** Friday Apr. 29
Event Kick-off: Jan 20 at 7-9pm at Holiday Park Senior Center

WEEK	THUR	FRI	SAT	SUN	MON	TUES	WED	TOTAL
Week 1 Jan 21 - 27								
Week 2 Jan 28 - 2/3								
Week 3 Feb 4 - 10								
Week 4 Feb 11 - 17								
Week 5 Feb 18 - 24								
Week 6 Feb 25 - 3/2								
Week 7 Mar 3 - 9								
Week 8 Mar 10 - 16								
Week 9 Mar 17 - 23								
Week 10 Mar 24 - 30								
Week 11 Mar 31 - 4/6								
Week 12 Apr 7 - 13								
Week 13 Apr 14 - 20								
Week 14 Apr 21 - 27								
Week 15 Apr 28 - 29			X	X	X	X	X	

Signature: _____

Date: _____

To claim your challenge award and any prizes you have won you must submit a completed and 100 Mile Challenge tracking Log at the Move More Montgomery Festival April 30, 2016.
or by email to joanne.roberts@montgomerycountymd.gov or fax to 240-777-8001.